

# VA Maryland Health Care System

# PTSD Awareness Month

## June 2020

### Getting Connected to VA Mental Health Care

#### Veterans Not Yet Enrolled for VA Health Care:

Choose VA and apply today! Visit [www.va.gov](http://www.va.gov) and click on “Apply Now for VA Health Care” or call 1-855-976-1093.

#### Veterans Receiving VA Health Care but New to Mental Health Care:

Call the Mental Health Triage Clinic at 410-605-7000, extension 57417.

*\*Due to COVID-19 precautions that limit the number of people entering VA facilities throughout the health care system, appointments are strongly encouraged.*

#### Veteran Patients Currently Receiving VA Mental Health Care:

Call the Trauma Recovery Program at 410-637-1222

### One Voice Challenge

Help spread awareness of PTSD by talking to at least one person – a friend, family member, battle buddy – and educating them about PTSD. Visit [www.maryland.va.gov/onevoiceflyer.pdf](http://www.maryland.va.gov/onevoiceflyer.pdf) for details.

### Find us on Facebook!

Staff from the VA Maryland Health Care System Trauma Recovery Program will appear on Facebook Live throughout the month to debunk PTSD myths. Visit [www.facebook.com/MDVAHCS](https://www.facebook.com/MDVAHCS) to find out when you can catch the live events or to watch posted videos.

### Vet Centers

#### Combat Veterans and Veterans who have experienced Military Sexual Trauma (MST):

Visit [www.vetcenter.va.gov](http://www.vetcenter.va.gov) to find a Vet Center near you. (Enrollment in VA health care is not required to receive help from a Vet Center.)

*Resources compiled and presented by the Trauma Recovery Program at the VA Maryland Health Care System.*

### Resources Available from the National Center for PTSD

Information about PTSD Awareness Month:

[www.ptsd.va.gov/understand/awareness/index.asp](http://www.ptsd.va.gov/understand/awareness/index.asp)

PTSD Treatment Decision Aid:

[www.ptsd.va.gov/apps/Decisionaid/](http://www.ptsd.va.gov/apps/Decisionaid/)

Mobile apps:

[www.ptsd.va.gov/appvid/mobile/index.asp](http://www.ptsd.va.gov/appvid/mobile/index.asp)

Videos about PTSD and evidence-based treatments:

[www.ptsd.va.gov/appvid/video/index.asp](http://www.ptsd.va.gov/appvid/video/index.asp)

Online, self-help resources:

[www.ptsd.va.gov/appvid/courses.asp](http://www.ptsd.va.gov/appvid/courses.asp)

About Face poster:

[www.ptsd.va.gov/appvid/docs/AFposter\\_8x11.pdf](http://www.ptsd.va.gov/appvid/docs/AFposter_8x11.pdf)

### Free Classes and Information

#### Virtual Weekly Mindfulness from VA

Fridays, June 5, 12, 19, and 26, 11:00am to Noon  
[1-800-767-1750](tel:18007671750) with Access Code 54220#

For more information, call Debbie Skeete-Bernard at 1-973-676-1000, extension 2714.

#### Online Yoga through Veterans Yoga Project:

[www.veteransyogaproject.org/veterans-1](http://www.veteransyogaproject.org/veterans-1)

#### Home Base Veteran and Family Care:

[www.homebase.org/](http://www.homebase.org/)

#### Wounded Warrior Project for informational links about mental and physical wellness:

[www.woundedwarriorproject.org/programs](http://www.woundedwarriorproject.org/programs)



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
VA Maryland Health Care System